



ENNEAGRAM TYPE 4 · HEART (FEELING) TRIAD

The Individualist

Fours look for who they are underneath the roles, and they feel everything on the way there.

Core fear and desire

Fear: Having no identity or personal significance.

Desire: To find themselves and to matter on their own terms.

Wings: 4w3 and 4w5

4w3, the Aristocrat. The Three wing adds drive and an eye for how things come across to an audience.

4w5, the Bohemian. The Five wing pulls inward and toward ideas.

Subtypes

Self-preservation Four: tenacity (countertype). The countertype, the Four that looks least like a Four.

Social Four: shame. The most recognisable Four.

One-to-one (sexual) Four: competition. Envy turned outward.

What helps in love

- Being asked how they feel, then listened to
- Gifts and words that show you noticed them
- Depth: honest talk about meaning and loss
- Room to be sad without being fixed

Avoid:

- Call them dramatic or too sensitive
- Reframe their pain as positive too fast
- Compare them with someone else
- Go cold when they withdraw

Three ways to grow

1. Act before the feeling is right. Write the page, send the message, then notice that the mood followed the action.
2. When envy shows up, name the specific thing you want and take one step toward it.
3. Keep a short list of what is already good and present, to balance the habit of noticing what is missing.

Passion and virtue

Envy: the sense that other people got something essential that they did not.

Equanimity: steady feeling that does not depend on comparison.

Stress → 2 · Growth → 1

Under stress a Four moves toward the average side of Two: they over-involve themselves with others, look for rescue, and can become clingy or manipulative about being needed, while still feeling that nobody understands them.

In growth a Four takes on the healthy side of One: principled, disciplined and focused on doing the work in front of them.

Strengths

- Emotional honesty
- Taste and originality
- Depth with pain
- Creative range
- Loyalty to what is true for them, even when it costs approval.

What helps at work

- A reason the work matters, said out loud
- Room to do things in their own style
- Direct feedback, given in private
- Long blocks of uninterrupted time
- Permission to name what is not working

Commonly confused with

Type 5, Type 9, Type 6. The full profile has a check for each.